



**EUROPEAN
AQUATICS®**
JUNIOR OPEN WATER
SWIMMING CHAMPIONSHIPS
SETUBAL ~2025

INFORMATION
BULLETIN



EUROPEAN AQUATICS' PRESIDENT MESSAGE



Dear athletes, officials, and open water swimming fans,

European Aquatics is delighted to welcome you to this edition of the Junior Open Water Swimming Championships in the stunning coastal city of Setúbal, Portugal. As one of Europe's most renowned open water venues, Setúbal has a rich history of hosting world-class competitions, and we are thrilled to bring the continent's most promising young swimmers to these waters once again.

Open water swimming is a true test of endurance, strategy, and resilience, and for many athletes, this championship represents an important milestone in their journey to the senior stage. Competing in Setúbal's dynamic Atlantic waters, surrounded by breathtaking natural scenery, will be both a challenge and an inspiration for the rising stars of our sport.

European Aquatics remains committed to nurturing young talent and providing the best possible stage for the next generation of open water champions. This event is not only about competition but also about development, learning, and embracing the values of sportsmanship and perseverance that define our discipline.

I would like to express my sincere gratitude to the Portuguese Swimming Federation, led by Miguel Arrobas, as well as the local authorities and organisers who have worked tirelessly to ensure a fantastic championship experience. Their dedication and hospitality are instrumental in creating a world-class environment for athletes, coaches, and spectators alike.

To all the young competitors, I encourage you to seize this opportunity, push your limits, and enjoy the experience of racing against the best junior swimmers in Europe. Every stroke you take here brings you closer to your dreams and to the future of open water swimming.

We look forward to an exciting and inspiring championship in Setúbal. Best of luck to all participants!

Antonio Silva

President of European Aquatics



MAYOR OF SETÚBAL MESSAGE



The city of Setúbal has been, since 2006, the stage of great emotions at each new stage of International Open Water Swimming events, with the presence of the most important elite swimmers from all over the world.

The Sado River framed by the Arrábida Mountains was also the scene of the 2012, 2016 and 2021 Olympic Games Qualifications, which further reinforces that the investment and effort we have made to promote the municipality and its potential in the field of aquatic sports has been worthwhile.

In recent years we have gained the confidence of countries, athletes, and coaches. A recognition that we have also received from our peers in similar organizations, as result of a well-coordinated work that allowed us to win the confidence of the Portuguese Swimming Federation and the World Aquatics.

Besides the official teams, many are the persons involved that take advantage of the approximately one-week period that the athletes spend in Setúbal to visit our country, namely the Blue Coast region and the Lisbon Metropolitan Area, with visible economic returns for the tourism sector.

These values, countable but immeasurable, assure us that we are on the right track, on the path to promote, publicise and value our land, our sport, our people and our traditions.

To the athletes, managers, coaches, and other elements of the delegations from various countries who return to Setúbal, or visit us for the first time, welcome!

To the swimmers who inspire our young athletes and show them the path to which effort and dedication lead, I wish the best sporting success and that Setúbal and the river Sado continues to be a reference in your careers, remembered as one of the places where you achieve results of excellence.

André Martins Mayor of Setúbal



PRESIDENT OF PORTUGUESE SWIMMING FEDERATION MESSAGE



The Portuguese Swimming Federation has the honour to organize, once more, in partnership with Setúbal Municipality, in the beautiful Albarquel beach, the European Junior Open Water Championships 2025, in the stage of three Olympic Qualifying Events, and as the aquatic's world recognizes it, one of the most challenging stages that really shows the true spirit of the discipline.

Since 2006, Portugal and the city of Setúbal receive the best world swimmers of the Olympic Marathon that face a 10km Open Water course in the ending of Sado river embraced by the Sado's and Serra da Arrábida's natural reserve, in an astonishing landscape and a rich local culture.

Knowing that the sport needs to reinvent itself as competition model and that World Aquatics is developing, together with the LOC's, new references that adjust the model in order to gather the swimmer's interests and the organizational costs, and that set the discipline as major interest to all great swimmers in medium and long distance as they do in the pool.

Also together with this competition, we will have the challenge of a promotional event that contribute for the development of a discipline that in Portugal gathers leisure, physical activity, competition and health, all together with beautiful sightseeing's and the Portuguese gastronomy.

A deep welcome to all wishing that the success of this organization be also yours and the fulfilment of your goals.

Best of luck to you all!

Miguel Arrobas

Portuguese Swimming Federation President



INTRODUCTION

THE VENUE

Parque Urbano de Albarquel, located at Setubal's Bay, Portugal, is one of the most iconic venues in the World of Open Water Swimming, with 18 years of World Cup's organization, 1 Junior European Championships, and 3 Olympic Qualification Tournaments. Generation after generation, Setúbal stays as a challenging race. Continuously since 2006, it was a stage for all the World and European Top OW Swimmers.



The following information has been prepared in order to assist your National Federation on your attendance to the competition.



EUROPEAN AQUATICS JUNIOR OPEN WATER CHAMPIONSHIPS 2025

EVENT CONTACTS

Should you have any questions or queries regarding the information provided in this document please feel free to contact the Portuguese Swimming Federation.

Name & Last Name, Role:	Luís Liberato Baptista, Local Organizing Committee
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Email:	setubalbay@mun-setubal.pt

Name & Last Name, Role:	Daniel Viegas, Event Manager
Phone:	+351 962 774 933
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European Aquatics Contact	openwater@europeanaquatics.org
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LOCATION

Parque Urbano de Albarquel – Setúbal City (POR)





EVENT KEY DATES

April 18, 2025	Preliminary Entry Form
April 25, 2025	50% Payment
May 9, 2025	Final Accommodation
May 16, 2025	Travel Details, Full Payment, Visa
June 9, 2025	Final entries & accreditations (link to be provided by EA at a later stage)
June 16 - 20, 2025	Official Training
June 18, 2025	Technical Meeting
June 19, 2025	Competition – 10k and 7,5k
June 20, 2025	Competition – 5k and Knockout
June 21, 2025	Competition – 6k Relays

PARTICIPANTS

Meets are open to entries from all national member federations of European Aquatics, for junior swimmers according with the subsequent table:

5k	Juniors 1	14/15 years old till 31 December 2025
7.5k	Juniors 2	16/17 years old till 31 December 2025
10k	Juniors 3	18/19 years old till 31 December 2025
Knockout	Juniors 1,2,3	14/15 - 16/17 - 18/19 years old till 31 December 2025
6k Mixed Relay	Under 16	14 to 16 years old till 31 December 2025
6k Mixed Relay	Under 19	14 to 19 years old till 31 December 2025



ENTRY PROCESS & PROTOCOL

PRELIMINARY REGISTRATION

All National Teams registration, entries and accommodation will be done, by filling all the forms provided with the information bulletin.

FINAL ENTRIES & ACCREDITATIONS (Deadline 09th June 2025)

European Aquatics will send to the respective Federations the link to enter European Aquatics EMS System for Final Sport Entries and Accreditations. Feel free to contact openwater@europeanaquatics.org for any additional question.

PROTOCOL

All costumes, swimwear and technology shall be in accordance with World Aquatics Open Water Swimming - Swimwear & Technology rules and European Aquatics General Event Rules E.19.

TRAINING SCHEDULE

The official period of stay for team delegations will be from June 16 to June 22, 2025. Pre-competition training will take place at “Complexo Municipal de Piscinas das Manteigadas”, 50m swimming pool. Ocean training will also be a possibility on the afternoons. Team Leaders, at arrival, will choose which days they will attend the ocean training sessions.

Date	Morning Period	Venue	Afternoon Period	Venue
June 16	9h00 – 11h00	Swimming Pool	15h00 – 17h00 16h00 – 18h00	Ocean Swimming Pool
June 17	9h00 – 11h00	Swimming Pool	15h00 – 17h00 16h00 – 18h00	Ocean Swimming Pool
June 18	9h00 – 11h00	Swimming Pool	14h00 – 16h00 16h00 – 18h00	Ocean Swimming Pool
June 19	9h00 – 11h00	Swimming Pool	TBC 16h00 – 18h00	Ocean Swimming Pool
June 20	9h00 – 11h00	Swimming Pool	TBC 16h00 – 18h00	Ocean Swimming Pool

NOTE: If the weather conditions do not favour outdoor training, a 25m indoor pool will be available



During the Ocean Training Session on the day 2, afternoon, the course will be fully setup. Please note that training schedule may be a subject to change by LOC.

All Team Leaders are advised to consult the available information board at the hotel on a daily basis.

POOL TRAINING INFO

The Municipal Swimming Pool of Manteigadas is a 50m and 8 lanes pool available every morning and afternoon according with schedule.



TECHNICAL / TEAM LEADERS` MEETING

The Technical Meeting will take place on **Wednesday the 18 of June at 17h00**. At least one representative from each National Federation must attend this meeting.

COMPETITION PROGRAMME

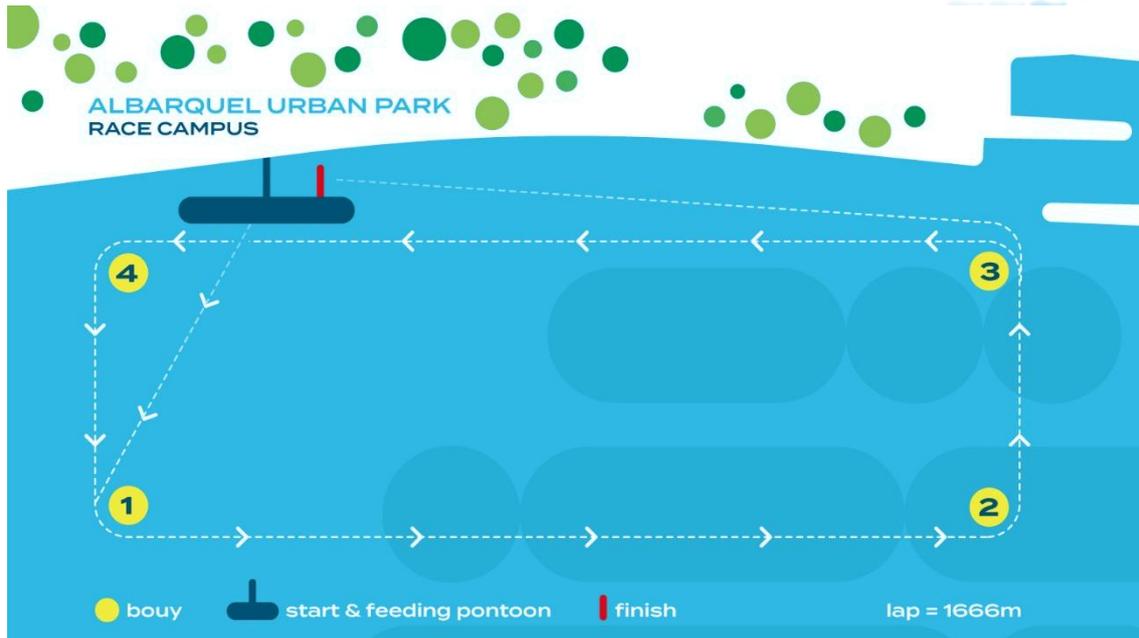
DATE	EVENT	TIME
June 19	Men's 10 km	10h00
	Women's 10 km	10h05
	Men's 7,5 km	16h00
	Women's 7,5 km	16h05
June 20	Men's 5 km	10h00
	Women's 5 km	10h05
	Men's Knockout	16h30
	Women's Knockout	18h00
June 21	U19 Mixed Relay – 6 km	11h00
	U16 Mixed Relay – 6 km	13h00



Award ceremonies will take place at the competition venue, immediately after the race. All announcements, instructions, and commands during the event will be in English.

COURSE INFORMATION

The Competition will be organized on a rectangular shape with 4 main buoys, and each lap will have: 5k – 1.66m (3 laps); 7.5k - 1.5k (5 laps); 10k – 1.66k (6 laps); 5k Mixed Relay - 1.5k each lap; 3k Knockout – 1.5k + 1k + 0.5k.



The details on this event will be communicated in the Technical Meeting.

WEATHER INFORMATION



The average air & water temperatures in Setubal for the month of June are:

The average minimum temperature (usually the minimum temperature is noted during the night) in Setúbal in June is 17.0°C (62.6°F). June is a dry month with an average of 16mm (0.6in) rain. It rains on average a total of 5 days. The average maximum daytime temperature lies



around 26.0°C (78.8°F). If you enjoy looking at a blue sky and love the sun then this is a great time to go to Setúbal with 301 hours of sun.

RULES

Please note that all the events in the will be conducted according to latest World Aquatics and European Juniors Open Water Championships Rules:

<https://europeanaquatics.org/wp-content/uploads/2025/02/European-Aquatics-Junior-Open-Water-Swimming-Championships.pdf>

VISA REQUIREMENTS

All visitors to Setubal, Portugal should have a valid visa for their entry and stay in the country. The Portuguese Swimming Federation will facilitate an entry visa to Portugal for all participants and coordinate all the required procedures upon receipt of (a) electronic copies of a valid passport (at least for 6 months from the entry date), (b) date of arrival and (c) country of residence. All information should reach the Portuguese Swimming Federation no later than April 16th 2025.

For additional information on whether a Visa is needed for entry into the Setubal, Portugal please visit <http://www.sef.pt/portal/v10/PT/asp/page.aspx>. Please note that application for Visa may take up to 3 or more days depending on various criteria.

ACCOMMODATION AND MEALS

The Portuguese Swimming Federation will organize accommodation to all participating athletes and team officials of that event. The Official Event hotels for the European Aquatics Junior Open Water Swimming Championship – Setubal, Portugal will be Novotel Setubal Hotel and Melia Setubal Hotel.

ROOM RATES

NOVOTEL SETUBAL HOTEL ★★★★★		
		
TYPE	Price (full board) per person/per night	
Single	235 €	
Twin	190 €	
Triple	165 €	



MELIÀ SETUBAL HOTEL ★★☆☆



TYPE	Price (full board) per person/per night
Single	235 €
Twin	190 €
Triple	165 €

PAYMENT DATES:

April 25, 2025	50% Payment
May 16, 2025	Final Payment

CANCELLATION AND REFUNDING RULES

There will be no refunds for cancellations made after 16th May 2025.

LOCAL TRANSPORTATION

The Portuguese Swimming Federation will welcome all members of the participating National Federations at the Lisbon International Airport (<https://www.ana.pt/pt/lis/home>) at the Welcome Desk, providing transportation services only between the Airport, the Official Team hotel and the Competition /Training Venue.

Transportation schedules will be provided upon arrival and as part of the detailed Information Pack.

The Portuguese Swimming Federation will facilitate Airport Welcome and Transportation services upon receipt of the Travel Information by the deadline of May 16, 2025.

HOPE TO MEET YOU SOON.